



Diabetes Service Activities and Programs

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Webinar Housekeeping

- Attendees are muted, cameras are off.
- Submit questions in the “Questions” box, I will answer your questions at the end of the webinar.
- This webinar is being recording and will be posted in the Virtual Events Center.
- The PowerPoint will be sent to all participants.



Webinar Overview

- Diabetes Overview
- Diabetes and Lions Clubs International
- Diabetes Programs and Resources
- Diabetes and Serving Safely
- Questions and Answers



Diabetes Overview



Global Causes



DIABETES



ENVIRONMENT



HUNGER



VISION



CHILDHOOD CANCER

Diabetes Overview

- What is diabetes?
 - According to the International Diabetes Federation, **diabetes** is a disease that occurs when the pancreas can no longer make or properly use insulin.
- What is insulin?
 - **Insulin** is a hormone produced by the pancreas that allows glucose from ingested carbohydrates to pass into our cells for energy.



(“What is Diabetes”, International Diabetes Federation)

Diabetes Overview

- What are the types of diabetes?
 - **Prediabetes:** Prediabetes occurs when blood glucose levels are higher than normal, but not high enough to be considered as type 2 diabetes.
 - **Type 1 diabetes:** Type 1 occurs when your body produces little to no insulin.
 - **Type 2 diabetes:** Type 2 occurs when your body does not make good use of the insulin it produces.
 - **Gestational diabetes:** Gestational diabetes occurs when blood glucose is high during pregnancy and is associated with adverse health effects for both the mother and child.



Diabetes Overview

- How many people are affected by diabetes?
 - 1 in 11 adults has diabetes
 - About 463 million people have diabetes; by 2045 this number will reach 700 million
 - 374 million people are at risk of developing type 2 diabetes
 - Over 1.1 million children are living with type 1 diabetes



(International Diabetes Federation, 2019).

Diabetes and Lions Clubs International



Lions Clubs International

In the past year, there have been 35,398 diabetes service activities completed that served 13,052,928 people.



Diabetes and Lions Clubs International

- What are Lions/Leos doing to help?
 - Through **serving** in diverse communities all over the world, we see and feel the effects of diabetes and are doing something about it together.
 - We aim to **reduce the prevalence** of diabetes and **improve quality of life** for those diagnosed.
 - Lions/Leos implement **diabetes programs** and participate in **diabetes service activities** all over the world!



Diabetes Programs and Resources



Strides for Diabetes Awareness

- A Strides event can be any **physical activity**, from a run to a dance competition.
- **Strides** events are a fun and engaging way for Lions and Leos everywhere to promote diabetes awareness and help their community members prevent or delay the onset of type 2 diabetes.



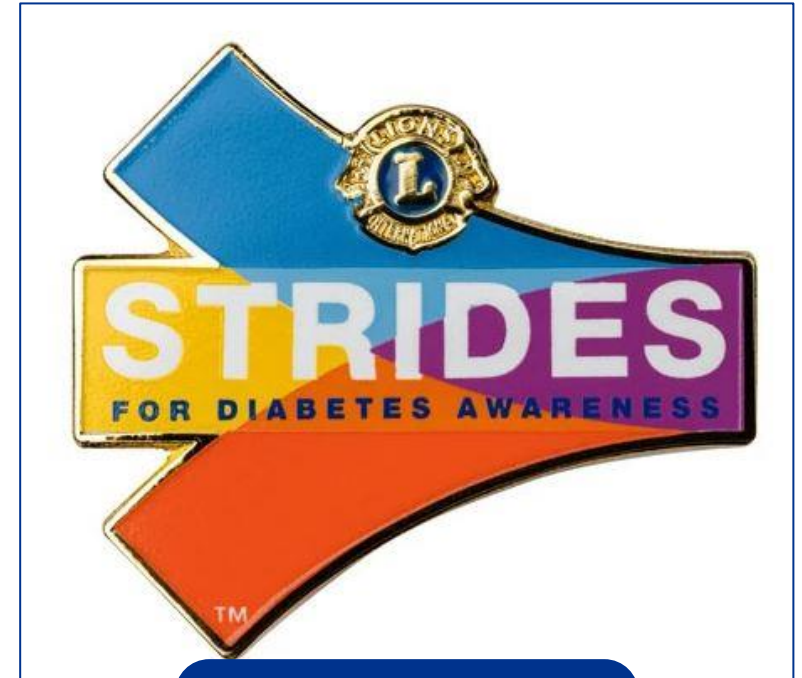
New Logo and
Resources!



New Strides Resources Available for Purchase



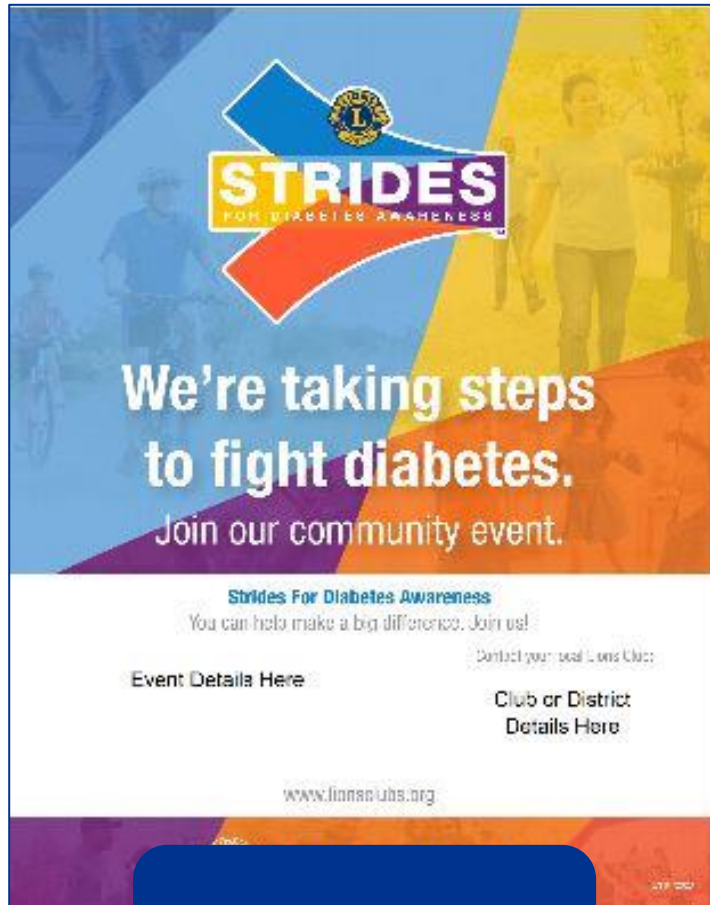
Strides Kit



Strides Pin



Downloadable Strides Resources



Poster

- There are several Strides resources available for you to download:
 - Poster
 - Government Proclamation
 - Introduction Letter
 - Press Release
 - Project Planner
- All of these resources are available on the Strides webpage at lionsclubs.org

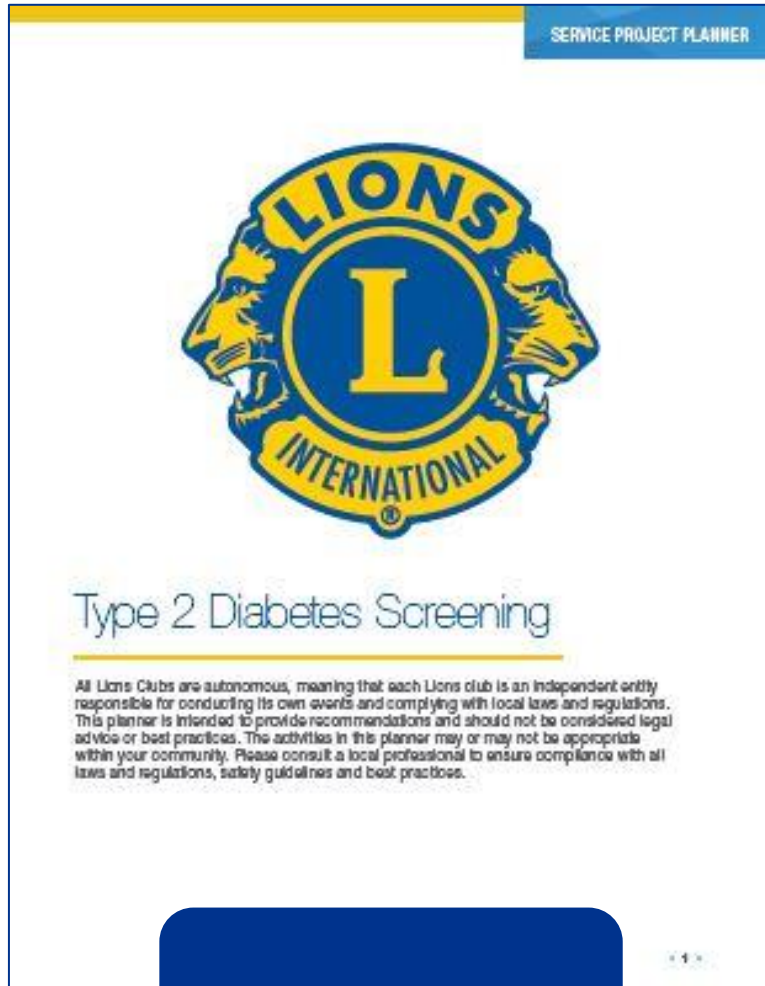


Type 2 Diabetes Screenings

- A Type 2 Diabetes Screening is a community event that provides education, awareness and screening services.
- Type 2 diabetes screening is an important way to help individuals understand their risk and make our communities healthier. In the short term, community members learn about diabetes and their current health status. If necessary, they can also be referred for care. All of this leads to an overall improved quality of life.



Type 2 Diabetes Screening Project Planner



Project Planner

- This project planner can help your club organize Type 2 diabetes screening event.
- This planner offers tips, information, and checklists on:
 - Screening methods
 - Educational materials
 - Referral services
 - Volunteer logistics
 - Budget
 - Impact
 - Other planning information
- For more information, please visit: lionsclubs.org/diabetes



Diabetes Camps

- Diabetes camps is a program for youth to gather, increase their supportive network of peers, and improve their diabetes management through educational outdoor activities.
- Lions/Leos can participate by volunteer hours, camperships, fundraising, or coordination and execution of camp.
- Camps are comprised of full day camps, overnight camps, and international exchange camps. If you are interested in hosting a shorter event, consider hosting a Half Day Diabetes Family Event.



Coming Soon: Diabetes Camps Handbook



Diabetes Camps
Handbook

- The Diabetes Camps Handbook serves as a resource for you to understand the roles and responsibilities of planning and implementing a Diabetes Camp program.
- This handbook offers information on camp logistics including:
 - Creating a camp
 - Committee responsibilities
 - Marketing
 - Venues
 - Diabetes Management
 - Financial responsibilities
 - And much more!

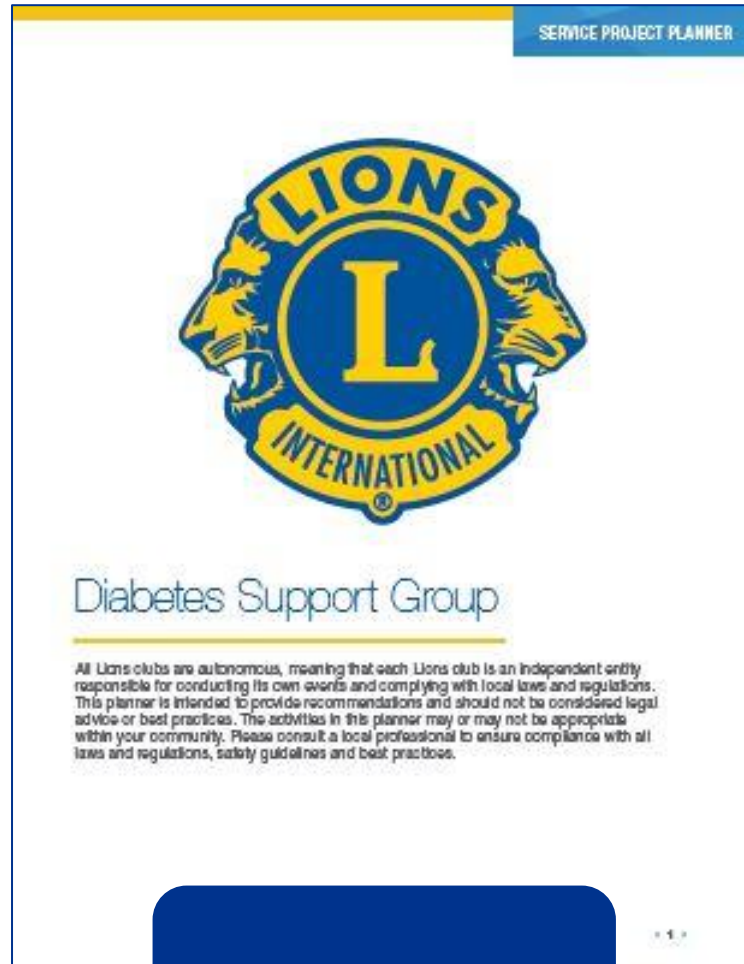


Diabetes Peer Support Groups

- Peer support groups involve practical, social and emotional support exchanged between people with shared lived experiences, such as living with diabetes.
- Peer support groups provide an environment where people can feel comfortable and be themselves.
- Diabetes peer support groups have several Lion/Leo roles that require little medical or diabetes knowledge.



Diabetes Peer Support Groups Project Planner



Project Planner

- This project planner can help your club organize a peer support group to help members of their community who are living with diabetes, creating an encouraging environment in which to share their experiences, learn more about their disease and plan their management.
- This planner offers tips, information, and checklists on:
 - Meeting topics
 - Educational materials
 - Small group activities
 - Volunteer logistics
 - Budget
 - Impact
 - Other planning information



Coming Soon: Diabetes Peer Support Groups Workbook



- The Diabetes Peer Support Groups Workbook serves as a resource to assist in the development, implementation, and quality improvement of support groups for people living with/affected by diabetes.
- The resource contains information on:
 - Logistics of peer support groups including location, timing, and venues
 - Recruiting
 - Discussion topics
 - Surveys
 - Engagement activities
 - Frequently asked questions
 - And much more!



Diabetes: Serving Safely



Serving Diabetes Virtually

- During the COVID-19 pandemic, some in-person service activities may be paused or replaced with virtual alternatives for safety.
- Through this difficult time, there are still many ways to make time for diabetes!
 - Take the online [Diabetes Risk Assessment](#) and encourage your club to determine their risk of developing type 2 diabetes.
 - Plan future diabetes service activities using our [Diabetes Project Ideas List](#).
 - Share resources, facts, and information about diabetes on your social media or in your virtual club meetings. For more information on diabetes facts in your area, check out our [Diabetes Fact Sheets](#).
 - Plan a virtual [Strides](#) event, which will be seen in a separate World Diabetes Day webinar!
 - Start providing peer support to those you know with diabetes via phone calls or video chat.
 - For more information on ways to serve safely in your community, visit the [Serving Safely](#) webpage.



Questions?



Thank You!

For more information on how to
make time for World Diabetes
Day, visit:
www.lionsclubs.org/wdd





Thank You

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